

Local

Mama khaddama



Local Spotlight

By Muna Al-Fuzai

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Are maids a necessity or a luxury? Do people really need domestic servants - even small families or newlyweds? Do they need a maid for each child, and I don't mean a nanny specializing in children's affairs, but a maid who does housework - from cooking, washing and caring for children too? Why do many believe that living in a house without a maid is a disaster and a tragedy?

I know that the immediate response will be this is due to the work of the mother, but not every mother works full time jobs here. Total dependence on the maid in all affairs of the house, including the care of children day and night, indicates nothing but neglect by the parents in their role in caring for their children.

I know that there are families who are capable socially and financially of employing several full-time maids and providing them with decent accommodation as well as respect their rights and needs according to the agreed labor contract. But this does not mean that everyone can. Moreover, many can afford to do this and are not willing to respect the physical and moral rights of helpers.

I think it is odd that many families are racing to recruit maids just to keep up with social appearances and ignore the importance of the role of parents in a child's life. This conclusion brings to my mind another question about importing maids. There is much talk about the high prices of hiring maids now after the Filipino labor ban. It is regrettable that this phenomenon has become a topic of public concern and talk for many people, whether supporters or opponents. Of course for each social condition, there are positive and negative aspects, but I fear that the negatives are more severe and dangerous in this case.

'Mama khaddama' can't be responsible for raising a child. She can help in the housework, but what is going on now is beyond limits. It is imperative that the institutions of society must set limits to control and protect maids' problems as much as possible. Therefore, I believe that the requirement of a certain level of income for employers, verification of the availability of a suitable place of residence (a private room with TV) and allowing domestic helpers to keep their mobiles and passports can be ascertained by the embassy labor office in cooperation with the ministries of interior and social affairs.

I wonder why the interior ministry doesn't require depositing the salaries of domestic workers in local banks to ensure the preservation of their rights, similar to article 18 employees, because depositing the salary in the bank will surely guarantee the right of the worker, hold defaulters to account and verify the obligation of the sponsor to pay wages.

I think that domestic helpers should not have a role in raising children at all. The child grows dependent on the maid completely, so they think they can eat, play and leave their toys scattered around. They never even think about making their own beds and throw their clothes on the ground or bed because the khaddama will clean up after them.

In the eyes of the parents, the maid receives a salary and must do this work. Worse, some parents think the maid has to tolerate mistreatment by children, such as misbehavior and stubbornness without realizing that they are spoiling their kids. Eventually, the maid will leave for her country, and the parents will reap the harvest of their hands.

PHOTO OF THE DAY

KUWAIT: A local woman hand spins wool to prepare it for use with traditional sadu weaving. Kuwait's heritage combines the maritime traditions and culture of its former focus on pearl diving and sea trade as well as traditions from desert Bedouin tribes. — Photo by Kuwait Times



'Getting fit led to helping others'

Youth develops personal training into career

By Nawara Fattahova

Nineteen-year-old Fahd Bu Ghaith is a real inspiration. While many of his peers continue to rely on their parents for support, he has changed his life, found a career and helps people all at the same time. The young man earns a living as a personal trainer and proved that men can attain healthy and fit bodies naturally.

"I'm trying to change young people's thinking about bodybuilding. My target is not only financial, but I aim to promote natural training without consuming steroids and leading a healthy lifestyle," he told Kuwait Times.

"I started exercising at the gym when I was 15 years old. At that time, all the trainers at the gym tried to convince me to take steroids to build bigger muscles. They were telling me all the time that I won't be able to build muscles just by exercising, and that I must consume hormones. I refused and succeeded in building a natural-looking figure in a healthy way," Fahd said.

Fahd educated himself using online resources and whatever else he could find. Reading to get all the important information about bodybuilding and sports training, along with proper nutrition.

"I read information provided by international educators and experts in sports training, which I applied on myself first and then on my trainees. After about four years of exercising at the gym and gaining some experience from the trainers working there, I built a good body and was able to train other people," he said.

"But after I started to offer paid personal training, people began asking about my qualifications, so I recently obtained a certified trainer degree from the International Sports Sciences Association (ISSA)," Fahd said. "Now I'm taking a course at the British Council, which I will finish this year. After passing this course, I will be able to register at the university, and I plan to study physical education, which is related to my hobby and work," stressed Fahd.

He told Kuwait Times how he began offering training sessions. "The pocket money I got from my father wasn't enough for me, especially after I finished school. So I started thinking that I needed to have some source of income. Since I was already going to the gym daily and had good experience, I thought of training people. I offered to train four guys online free of charge, and asked them for their photos before the training and a month after training them. Three of them refused to provide their photos and stopped responding to messages, so I got disappointed. The fourth contacted me after a month of training, but I told him I had stopped this activity. But he insisted that I persevere and said he was satisfied with the result, so I



told him I will have to charge money, and he agreed," Fahd recalled.

"This was my real beginning as a freelancer. I started training him at the gym. After I posted his before and after photos on my Instagram account, three other people got interested and I became their personal trainer, in addition to 10 other men and women online," explained Fahd. He prepares a custom-made schedule for each person, both for the personal training as well as online. "I prepare a tailored program for each person depending on their needs. This includes a suitable nutrition and training program. The program should be at least a month long and up to six months," he pointed out.

Fahd has big ambitions. "I dream to establish my own gym for the people I train. I will work hard to make my dream come true, even if it takes some time. I also hope to complete my studies and get a university degree, as I believe that education is important for work and life," he concluded.